



Person Centered Planning: Long-term Care Task Force

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What is person centered planning?

Person centered planning is not new and it is not hard. It is really as easy as listening to persons, their spokespersons and their families. Person centered plans are an approach to help people and their families figure out things like:

Where to live

How to spend time each day

- Who to spend time with
- Hopes and dreams for their future

Cornerstones of person centered planning

- Presuming competence
- Reframing behavior as communication
- Respecting cultural diversity
- Providing critical supports for health and safety across the lifespan so people may live where and with whom they want

Person centered planning components

- Education of consumers and families
- Pre-planning
- Planning event(s)
- Outcome development
- Evaluation of the process
- Implementation
- Revision of the plan because person centered planning is a process not an "annual meeting".

Person centered planning (PCP) process mandates

- All participants accept and understand the philosophy and practice of PCP
- Be certain that pre-planning has been held prior to the event
- Demonstrate the presumption of competence by speaking directly to the "focus person", not to their family or guardians
- Have available wipe-off board, picture album, assistive technology or personal interpreters necessary for the person to communicate desired outcomes
- Pay attention to the "focus person" throughout the process. All comments need to go to this person!

What is Facilitation?

- a Facilitation of the PCP is done by an individual who is there to guide the planning process.

What is a facilitator?

A PCP facilitator is an individual who has been chosen by the person to assist them and their invited guests through the PCP process.

What should the facilitator accomplish during the PCP?

- The facilitator should guide the person and their team through the development of an action plan. He/she should take on an active role promoting the person, reframing behavior as communication, identifying barriers and encouraging the full and meaningful participation of each guest.
- Setting up a timeline/chart which identifies shared responsibility toward attainment of the person's dreams and desires.

Qualifications of the Facilitator

- Demonstrate ability to develop relationship(s)
- Ability to presume competence
- Respectful of how various people may live their lives
- Creative
- Humorous
- Ability to reframe behavior and actions as communication
- Collaborative
- Empowering
- Demonstrate ability to reframe health and safety issues into positive ways of providing support

Facilitator Duties:

- Make sure the focus of meeting is on the person!
- Insure the process is self-esteem building for all!
- Advocate for the "Focus Person"
- Remember the plan is for the person!
- Follow mandates of the pre-plan in regard to topics and guests that were approved by the person.
- Make sure all conversation is directed or re-directed to "focus person"

Outcomes of the process

- The outcomes of the process should drive what is contained in the individuals plan for supports and services.

The outcomes should make the person want to get up in the morning

- Outcomes should be based on real life, such as wanting friends, family involvement, or living in their own homes and communities.
- Knowledge of the community is a must! A PCP must include resources that are in the community and the "focus person" is interested in.

Components of the pre-plan

- Where would you like to have event?
- What would you like to talk about?
- What do you want to make sure is not discussed?
- Whom would you like to have help you in your planning?
- Who should not be at your planning event?
- What time of day are you at your best for the plan to occur?
- What snacks or refreshments should we have at event?

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Pre-plan (cont.)

- Who will invite guests to the event?

The best date for event is _____

The best way for us to know if you are happy with what is being said at your event is for you to tell us or indicate in some way through a sign or gesture. What will this sign or gesture likely be?

Who do you want to take notes at your event?

- Anything else.....

PCP formats

- MAPS
- Futures Planning
- PATH
- Essential Lifestyle Planning
- Group Action Planning
- I Have a Dream
- Whole Life Planning
- Circles of Support
- Creating a Positive Experience

Person centered plan

- Who is here to help me plan my life?
- What are the most important things that have happened to me so far in my life?
- Who are the people and the places that are most important to me?
- What are barriers that may keep me from enjoying more of these people and places?
- What are my likes and dislikes?
- What things in my life make sense?
- What things in my life do not make sense?

Person centered plan (cont.)

- What is my usual daily schedule/routine? (weekday and weekend)
- What would be an ideal daily schedule/routine ? (weekday and weekend)
- What are my strengths and interests?
- How could we improve my daily schedule so that it included more of what I like?
- What are activities in the community that I may become involved in?
- What supports and services are necessary to accomplish any changes or improvements?

Person centered plan (cont.)

- The outcomes and the supports I would need to accomplish them include:
- Who is going to make sure that outcomes are being achieved?
- What are the timelines?
- When can we get together next to see how things are going and to determine other changes?
- What is the best thing about this process?
- What might improve this process?
- Final Thoughts

PCP Evaluation

- I chose when and where the meeting would be.
- I controlled who came to my meeting.
- Every question about me was asked to me.
- People talked directly to me.
- I enjoyed my meeting.
- We talked about things I wanted to talk about.
- The meeting was a positive experience

PCP Evaluation (cont.)

- I chose who facilitated the meeting.
- We talked about my strengths and interests.
- We talked about how my life could be better and more enjoyable!
- The team is going to meet until my life is the way I want it.

Final Thoughts

- PCP events should be a "party with a purpose"
- PCP process should yield information that everyone needs in order to better support the individual.
- The kind of language used and the length of time for each meeting should be dictated by individual need.
- PCP's should be enjoyable and self-esteem raising experiences for all involved!